



# Stoic News

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## **WELCOME**

Welcome to STOIC's (Southern Test Older Independent Campaigners) second newsletter. We will continue to give you news of the Forum activities, meetings of which are held every two months. The next meeting is on Friday the 29<sup>th</sup> May, at 2.00 pm.

The forums give an opportunity for over 55's to get together and discuss local issues important to them; to have a voice, a say in what matters to them in the areas of community, health, leisure, education, safety, housing, transport, benefits and age discrimination etc.

For more information on items raised at previous meetings you can ask Paul Buxton at Age Concern 24, Linden Rd Romsey (the venue for the Forum meetings) on 01794 521398 for a sight of the minutes of previous meetings or visit the website [www.romsnet.org.uk/STOIC/index.htm](http://www.romsnet.org.uk/STOIC/index.htm).

For more information about the forum or if you need transport contact Paul Buxton at Age Concern 01794 521398 or email him [carerssupport.romsey@virgin.net](mailto:carerssupport.romsey@virgin.net) or visit website [www.romsnet.org.uk/STOIC/index.htm](http://www.romsnet.org.uk/STOIC/index.htm)

## **THE LAST MEETING**

Friday 13<sup>th</sup> March - Food Safety in the home for over 60's

Our guest speaker Nigel Burton, Food Hygiene Inspection officer for TVBC, introduced the reasons for focusing on the over 60's in summer 2009 campaign for food safety. The facts were that cases of listeria and bacteria-related E-coli had doubled since 2001 in this age group. The campaign will focus on practical advice and actions that people can take for themselves.

Nigel wanted our input and feedback to help him structure and deliver the programme of events in the campaign to best meet the needs of older people. He suggested keeping fridges at the correct temperature, following storage instructions on labels and using food by its 'use-by' date (he explained the difference between 'use-by' and 'best before' dates) as starting points.

A well received suggestion was that a mock up of a kitchen should be set up in a caravan or trailer to high-light things that could go wrong e.g. dangers and risks of cross-contamination and contracting illnesses due to handling and incorrect storage of food. There could also be live demonstrations of handling food and its preparation and possibly a quiz sheet with multiple choice answers to emphasise good practice. The caravan/trailer could travel the area in the summer; suggested sites in Romsey being the Market Place and/or Crosfield Hall car park.

## **EDITORS NOTES**

Speakers are chosen with members concerns in mind and topics designed to inspire lively discussion. STOIC is about getting our moans and groans into the public eye and hopefully getting them resolved. The committee are in touch with those who know and can help with concerns e.g. the three councils Parish, TVBC and County, all doctors surgeries, Romsey Hospital and care organisations. STOIC can act in liaison with these organisations. Unless we know of concerns, we are powerless to help.

The 'Newsletter' is aimed at the public in general and not for members alone. It does not set out to duplicate Paul's very professional and well recorded 'Notes on the last meeting' but gives a brief summary for the benefit of people not attending the meeting and is posted with this newsletter on the website

[www.romsnet.org.uk/STOIC/index.htm](http://www.romsnet.org.uk/STOIC/index.htm)

We want anyone who has a gripe or praise to feel they can get in touch with the editor for inclusion in the next newsletter and perhaps inspire topic and speaker for future meetings. Please remember we are not just interested in health issues but in anything that interests you. **Please, see at the meeting or ring, Veronica on 01794 514609**  
**Thank you.**

## **MEMBERS CONCERNS**

### Care in the Bathroom

One of the members asked me to bring to the attention of the wider membership her concerns about the well publicised account of the 81 year old woman who was stuck in a bath for 8 days unable to call for help. Her suffering doesn't bear thinking about.

The older generation are much more independent these days and very reluctant to give up their freedom. We should applaud such thinking while at the same time encouraging older people to make themselves safe by giving them the necessary information to do so. Health visiting is unfortunately in the decline. Older people are often on their own because of death of a spouse, the distance they find themselves from their children, their desire not to worry their children or busy neighbours who are nearly always out to work these days; also cheap supermarket products means a milkman rarely calls. Maybe all doctors surgeries should carry an at risk list of older people, as well as children, who

could be visited on a regular basis or perhaps neighbourhood watch schemes could include looking out for lonely and at risk older people as well as thieves and vandals. All these schemes could help keep an older person in their own homes which is what they want.

Suggestions on how to deal with the immediate problem are:-

- a:- Three rings to friend and three rings back on the telephone to let friends know one is safe.
- b:- Mobile phones in pockets clipped to the bath.
- c:- Waterproof 'Aid-call' from 'Age Concern' which costs £3.84 a week.

### Pot holes and road conditions

After the worst of the winter weather was over Councils advertised the need for the general public to report any very bad pot holes because the continual freeze/thaw. It was not in council workers ability to spot them all and help was needed. This is a very good example of Council/people cooperation and to be applauded. I would like also to thank the local council involved with the very fine new road surface they have created in Pauletts Lane, Calmore a road I traverse regularly on my way to my favourite supermarket. It is quiet and smooth and makes me feel I have a new car. Is it possible for all new road surfaces to be constructed in the same way we hate the loose chipping surfaces so often favoured by councils.

## **GOING NATIONAL**

The 'Council and Care' organisation for older people their families and carers, organised regional events last year under the title of 'Voting Age' to get local views on the needs of older people for a consultation paper, to include a manifesto, for presentation to the Government and all the political parties before the next General Election. This was published on 6<sup>th</sup> May 2009.

The three main political leaders contributed to the forward to show that they were behind the initiative.

Chapter one contained an introduction and recommendations which were:-

Address pensioner poverty

Encouraging inclusion of older people by addressing age discrimination and encouraging respect; also by initiating more intergenerational centres across the country.

Recognise the role older people as carers, increase carer's allowance and review the overlapping benefits rule.

Provide better joined up health and social care services.

Better home care with more support and training for care workers.

Provide more access to NHS funded physiotherapy, chiropody and podiatry.

Better access to buildings, facilities and transport.

Increase winter fuel payment to £500

Address the needs of a growing black and minority ethnic older population.

Influence the negative portrayal of older people in the media

Support lifelong learning.

Commit to improving the lives of older people.

Chapter two describes original desired outcomes of 'What is a Voting Age'.

Chapter three describes the history behind 'Voting Age'.

Chapter four describes the procedures for ensuring wide coverage and participation in 'Voting Age'.

Chapter five 'The Voices of older people: the Manifesto' including 'Accountability to voters from local council and MP'

Chapter six answers the question 'What needs to happen next' and conclusions.

**A copy of 'Voting Age' is held by Paul Buxton in his office at the 'Age Concern Hall' if anyone wishes to see it.**

## **ACRONYMS**

STOIC – Southern Test Older Independent Campaigners

HCC – Hampshire County Council

TVBC – Test Valley Borough Council

LINKs – Local Involvement Networks